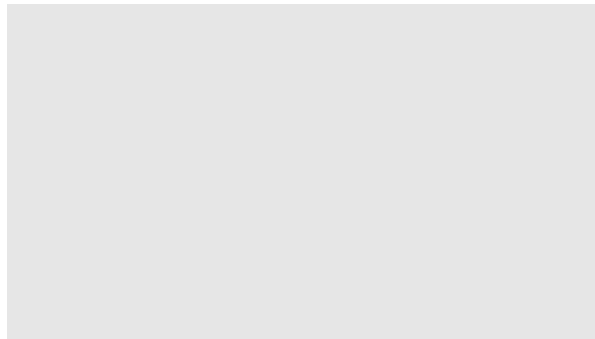




c/o Bike New York  
891 Amsterdam Avenue, Room 101  
New York, NY 10025-4403

Address Service Requested

First Class Mail  
US Postage  
PAID  
New York, NY  
Permit # 4836



## About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association encouraging people to enjoy the outdoors via bicycling. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the *Bicycletter* and the website [www.5BBC.org](http://www.5BBC.org) for exact dates and locations. You can also contact the Programs Coordinator at [Programs@5BBC.org](mailto:Programs@5BBC.org). Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

Bicycle club membership requires \$20, or \$25 for 2 members of the same household, and is valid through December 31; membership initiated after October 1 is valid through December 31 of the next year.

Submissions to the *Bicycletter* are encouraged: on CDs or 3.5" disks accompanied by hard copy; or by e-mail to [newsletter@5BBC.org](mailto:newsletter@5BBC.org). Please limit articles to 800 words. Classified ads are free to members.

The views expressed herein do not necessarily

reflect those of the 5BBC.

The deadlines for submissions to the *Bicycletter* are the first day of the month prior to the issue. The deadline for submissions for the May-June 2005 issue is Friday, March 25, 2005.

© 2005 Five Borough Bicycle Club.  
All rights reserved.

*Bicycletter* March-April 2005  
Volume 15 • Issue 2

Newsletter Editor: Peter Engel  
Graphic Designer: Jane O'Wyatt & Brian Hoberman

*Bicycletter* is a bimonthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403.

### Renew your 5BBC Membership

This will be your last issue if you haven't renewed yet. Renew at [www.5bbc.org](http://www.5bbc.org) or use the registration form on page 18.

Don't miss out!

## Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 and 9 in Room 002 at the New York International HI-AYH Hostel, 891 Amsterdam Avenue, New York, NY 10025-4403. To phone the Bike Club during those office hours, you may call (212) 932-2300 x115. At other times, you may hear information or leave a message using the following voicemail system:

New York HI-AYH Hostel  
**(212) 932-2300**  
Press 7 "Sports Clubs"  
Then: Press 1 - Bike Club (5BBC)

After you press 1, for information you may:  
Press 1 - Membership  
Press 2 - Day Trips  
Press 3 - Weekend Trips  
Press 4 - Special Events  
Press 5 - Bicycle Courses

(Note: Please listen to the prompts. You do not need to listen to the entire message to enter the next number.)

**E-Mail: [Info@5BBC.org](mailto:Info@5BBC.org)**  
**<http://www.5BBC.org>**

For Bike New York, call directly: (212) 932-BIKE.

March-April  
2005

Volume 15 · Issue 2

# B I C Y C L E € € R™

A bimonthly publication of the **Five Borough Bicycle Club**



These 5BBCers enjoy bicycling, nature, and each other's company on the December 12th Frostbite ride to Flat Rock Brook Nature Center in Englewood, NJ (photo: Alfredo Garcia).

Inside:

**Here Come the 2005  
Weekend Trips!**

*Page 4*

**Get Back In Shape:  
Lots of Day Rides**

*Page 8*

**5BBC 2005 Montauk  
Century**

*Page 13*

**NYC Greenways:  
A Success Story**

*Page 14*

## General Meetings

### March

Monday, March 21, 2005

6:30 – 8 p.m.

Location: Lenox Hill Community Medical Group/  
215 East 95th Street, Manhattan  
Bicycle Parking available

Gerard P. Hickey, R.Ph. of Invite Health ([www.invitehealth.com](http://www.invitehealth.com)) is a leader in the area of nutraceuticals and botanicals, and is Chair of The Society of Natural Pharmacy.

Mr. Hickey will discuss Sports Nutrition & Cycling, and will give an overview on bones/joints, lung capacity, hydration/electrolyte, balance, immune system function for sports, and natural protection from sun and U.V. radiation. He has published and lectured extensively, and is a regularly featured guest on radio station WOR-AM.

### April

Monday, April 18, 2005

6:30 p.m. – 8 p.m.

Lower Manhattan BID/Police station  
104 Washington Street, @Rector Street,  
Manhattan. Subways: 1/9 /R/W To Rector Street  
or 4/5 To Wall Street.

Come join the 5BBC for a belated St. Patrick's Day Party with all the trimmings, including Irish Soda Bread & O'Doul's Non-Alcoholic Beer.

Cyclist extraordinaire and our friend Tod Moore will be giving an overview presentation of his cycling adventure this past summer to the Conamar Region on the West Coast of Ireland. We hope he can bring some of his merry band, which includes some well-known 5BBC members. For more background on Ireland, check out [www.tourismireland.com](http://www.tourismireland.com).

## A Message and a Question, from the 5BBC Programs Coordinator

In 2005, the 5BBC plans to experiment with venues and topics for our monthly General Meetings. I'd like your input on possible locations and topics of interest. In particular, would you be interested in going to meetings in restaurants with a modestly-priced buffet dinner? I look forward to hearing from you. Thank you!

Barry Hartglass  
2005 Programs Coordinator  
[programs@5BBC.org](mailto:programs@5BBC.org)



**Also Inside:  
A look back at the history of the  
Montauk Century (page 17)**

## 5BBC Executive Board

Ed DeFreitas, *President:*  
[president@5BBC.org](mailto:president@5BBC.org)

Sharon Behnke, *Vice President:*  
[vicepresident@5BBC.org](mailto:vicepresident@5BBC.org)

Alex Maurice, *Recording Secretary:*  
[recordingsecy@5BBC.org](mailto:recordingsecy@5BBC.org)

Andrea Mercado,  
*Corresponding Secretary:*  
[corresponding@5BBC.org](mailto:corresponding@5BBC.org)

Bob Castro, *Treasurer:*  
[treasurer@5BBC.org](mailto:treasurer@5BBC.org)

Danny Lieberman, *Day Trips Coordinator:*  
[daytrips@5BBC.org](mailto:daytrips@5BBC.org)

Ted M. Kushner,  
*Weekend Trips Coordinator:*  
[weekends@5BBC.org](mailto:weekends@5BBC.org)

Peter Engel, *Newsletter Editor:*  
[newsletter@5BBC.org](mailto:newsletter@5BBC.org)

Stephen Jackel and Manuel Sanudo,  
*Leadership Coordinators:*  
[leadership@5BBC.org](mailto:leadership@5BBC.org)

Ed Pino and Liz Baum,  
*Special Events Coordinators:*  
[special-events@5BBC.org](mailto:special-events@5BBC.org)

Jesse Brown,  
*Bicycle Course Coordinator:*  
[bikecourse@5BBC.org](mailto:bikecourse@5BBC.org)

Barry Hartglass,  
*Programs Coordinator:*  
[programs@5BBC.org](mailto:programs@5BBC.org)

Brian Hoberman,  
*Communications Coordinator:*  
[communications@5BBC.org](mailto:communications@5BBC.org)

*Members at Large:* Alfredo Garcia,  
Phil Goldberg, Ira Najowitz,  
Ed Ravin, David Seto, Ed Sobin,  
Jim Zisfein.

Jim Zisfein, *Webmaster:*  
[webmaster@5BBC.org](mailto:webmaster@5BBC.org)

## ☺ Don't Worry, Be Happy!

Looking to get into or return to cycling? It's not too late. The Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders. We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you?

Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol

☺). Rides range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, a patch kit and a lock. Most important: wear a helmet approved by either ANSI or Snell. Ride smart, and have an adventurous spirit.

## About Day Trips

Day trips are free rides in and around New York City. Rides are open to responsible cyclists, both 5BBC members and non-members. No advance sign-up is required. Rides are led by trained, experienced 5BBC leaders. Unless noted, the Point-Drop-Sweep system is used, in which leaders ride at the front and rear of the group, keeping cyclists together. This system accommodates a wide range of paces within one ride. Riders generally receive a map or cue sheet of the route. Rest and lunch stops are planned. Unless otherwise stated, day trips return to the starting point at the end of the ride.

Riders are required to wear a helmet approved by either ANSI or SNELL, and are required to have a legally equipped bicycle, including working brakes, a bell or horn, and front and rear lights for night rides. Bicycle gear should include at least one water bottle, a pump, spare tube or patch kit, basic tools, and a lock. Dress for the season, including temperature variations of 15-20 degrees in either direction from the temperature at the starting time. Bring lunch or money for it, plus money for admission fees and railroad tickets as needed; an area map is also suggested. Motorized vehicles and headphones are not permitted.

At the discretion of the leaders, rides may be cancelled due to bad weather.

## Participants under age 18

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

**EXCEPTION:** If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride.

The participation of a minor in a 5BBC event must always be cleared with the leader of that event.



# Two-Wheeled Wondering

Last month, I wrote that the 5BBC promotes bicycling by getting people on their bicycles and out there riding, but is not a lobbying and advocacy organization. But I also pointed out that we don't have to be dispassionate about the sport we love. There is a lot going on out there that affects bicycling.

In late January, the 5BBC Executive Board got word from member Joshua David that the NYC DOT is looking seriously at a bike lane that would go up Eighth Avenue from West 14th to West 39th Streets. By the time you read this, a letter to Community Board 4 asking them to consider approval of the 8th Avenue Bike Lane will be posted at 5BBC.org, and I'll run it in May/June.

I had a couple of reactions to the discussion about the statement, and what form it should take. The first one was, whatever happened to the good old days, when we had geeky conversations about derailleur and hub sets? The second one – if we endorse a bike lane, are we advocates? I originally thought so. But several of my fellow bikers convinced me that 5BBC can take an impartial role in informing you about what's going on, without having the "advocacy" label stuck on us.

In this issue, there is coverage of a 5BBC General Meeting presentation by the NYC Parks Department's Jennifer Hoppa on the City's successes in building the Greenway system. Your positive response to Jennifer, and the 8th Avenue Bike Lane discussion led me to plan an article on a whole list of related subjects. That includes improved bridge access and repairs, a look at both sides of how to ease the Critical Mass dispute before we find ourselves applying for City permits for 5BBC day rides, and website links and other resources on how to get involved for those who choose to.

Of course, with a full-time job, family and social obligations, the newsletter, and even doing the occasional bike ride, I'm too busy to do it myself. The Board is stretched pretty thin too. Seriously, does anyone want to take the plunge to research and write such a story? Let me know.

See you on the tarmac!

Peter Engel  
Newsletter Editor, 2005  
[newsletter@5BBC.org](mailto:newsletter@5BBC.org)

---

## Coming Soon: BikeMonth NYC 2005

This May, from May 1-May 31, is Bike Month NYC, an annual celebration of bicycling that draws popular support and press coverage in metropolitan New York City. Thousands of New York City-area bicyclists flock to numerous events, including rides, repair classes, films, races, snacks discussions and more.

Transportation Alternatives, the advocates for bicycling, walking and sensible transportation, stages Bike Month NYC in conjunction with the NYC Department of Transportation to celebrate and promote bicycling in metropolitan New York City. May is also National Bike Month across the United States.

The 5BBC has registered all of its May events with Bike Month NYC. If you have a bicycling-related event, you can register it online at [www.BikeMonthNYC.org](http://www.BikeMonthNYC.org), or a printable version of the registration form can be downloaded, filled out, and faxed to 212-629-8334.

Dani Simons  
Transportation Alternatives  
[events@transalt.org](mailto:events@transalt.org)  
212-629-8080

Ride leader Ira Najowitz standing by a US Coast Guard R.I.B. (Rigid Inflatable Boat). Feb. 12, 2005  
Ride to US Merchant Marine Academy at Kings Point, LI (photo: John Chiarella).



## Bike Access to Trains

### Metro-North Railroad and Long Island Railroad (LIRR) Bike Permits

There is one permit for both, available at:

A) Grand Central Terminal, Metro-North window #27 or call 212-532-4900, and

B) Penn Station LIRR information booth or call 718-558-8228.

There is a \$5 fee. Specific restrictions apply. Note: old LIRR and Metro-North permits are still valid for their respective lines. The web page for an application is:

[www.mnr.org/mnr/html/mnr/bikpermit.htm](http://www.mnr.org/mnr/html/mnr/bikpermit.htm)

### New Jersey Transit (NJT) Bikes Aboard Program

Bicycle permits are not necessary.

Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit:

[http://www.njtransit.com/cs\\_ride\\_bike.shtml](http://www.njtransit.com/cs_ride_bike.shtml)

### Port Authority Trans Hudson (PATH)

A permit is not required, but there are restrictions. 5BBC trips that use PATH usually ride on weekends and holidays. For more information, please call 800-234-PATH or visit:

<http://www.panynj.gov/path/pathrules.htm>

## Did you know...

That the entire contents of each Bicycletter (plus much more) is now available online weeks before it is printed and mailed? Bookmark

[www.5bbc.org/bicycletter](http://www.5bbc.org/bicycletter) and check it out.

# 5BBC Weekend Trips 2005: Expect the Best

## Weekend Trips Answer Box

### 1) Membership/Availability

Weekend trip participants MUST be 5BBC members for insurance reasons (add \$20 to a trip cost to become a member). The number of spaces available for each trip will be posted at the Weekend trip section of our website.

### 2) Season Long Early Sign Up Discounts

New this year! Pay the FULL trip price by the first of the month preceding the month a trip is scheduled for a 10% discount. For example:

- a) For trip departures in May, discount deadline is April 1
- b) For trip departures in June, discount deadline is May 1 and so forth. See trip descriptions for all discount deadlines. (Note: No discount is available for Lake Tahoe trip).

### 3) Registration/Payment

You may register in advance using the coupon in this newsletter, or by downloading a copy of the form at the 5BBC web site. Payment is by cash, check, or money order only (do not send cash in the mail!). Sorry, we cannot accept credit cards. However, at press time, we are investigating the feasibility of using an online payment system such as Active.Com. (Further details if enacted will be posted on the 5BBC web site).

- a) Minimum \$150 deposit per trip is required to reserve a space on any trip (i.e. three trips require three deposits), and MUST be received no later than 28 days prior to a trip departure. If there are less than 28 days prior to departure, payment in full MUST be submitted.

- b) You MUST pay any balance due no later than 3 business days prior to departure. We can no longer accept balances due on day of departure. If you do not pay the balance due, your deposit will be treated as a

(continued on next page)

## Here Comes the Weekend!

Something for everyone: that's the theme, the je ne sais quois of this year's 5BBC Weekend Trips Program. And it's a Program to be proud of. Is there any other comparable Bike Club in the country that runs as many fun and affordable excursions, to as varied a set of destinations as our maps and drivers can find, with as many choices of motels, inns, cabins, or hostels, choices of white, wheat, rye, or pumpernickel, and choices of easy to moderate to hammering ability?

Whether it's via van, public transport, bus, pedal power, or car pooling, 5BBC Weekend Trips are targeted toward YOU: our "trippers", the ones who pay the bills and have told us what you want and what you expect. So, expect the best in 2005! And here's a bit of wallet busting motivation: Our Guaranteed Early Sign Up Discount Program: 10% discount off a trip price if you pay in full by certain dates (see below). The more trips you sign up for early, the more you save! Plus, there's gonna be three -- count em' -- three Susan Rodetis "specials" including a fabulous trip to Lake Tahoe that's still in the works. It ain't gonna rain on any weekend trip, so there's no point in waiting, and a conjunction is a word you should never end a sentence with.

Look for additional details and trips in the May/June Bicycletter, visit our web site ([www.5bbc.org/weekend.shtml](http://www.5bbc.org/weekend.shtml)) or for up-to-date trip information call our Weekend Trips information line, at (212) 932-2300 x138.

Ted Kushner  
Weekend Trips Coordinator  
[Weekends@5BBC.org](mailto:Weekends@5BBC.org)

## List of 2005 Weekend Trips

### Shore to Please!

#### CAPE MAY DE-LIGHTS

May 19-May 22 (depart Thursday evening, return Sunday evening)

Trip No. CMD

Price: \$390

Early discount deadline: April 1

Transportation: People via public bus lines; bikes by van

Lodging: Motels, double or triple occupancy

Trip Rating: A/B

Mileage: Moderate, 40 per day, mostly flat

Leaders: Susan Rodetis & Sharon Behnke

Crossing waterways may seem a bit daunting, especially since bikes can't swim. Instead, our weekend season kicks off with visits to South Jersey wildlife refuges and forests, a rail trail, ocean resort towns Avalon/Wildwood, and the gorgeous

Victorian gem of Cape May. Then we ferry cross the Mercy - - oops, the Delaware River - - via a scheduled ferry to Lewes, Delaware for scenic country cycling. We'll cycle "inn to inn style", lodging at motels, with the van transporting luggage. At press time, details of this trip are still in the works! Limited Group Size! Please check our web site at [www.5BBC.org](http://www.5BBC.org) for updates on transport and lodging.

### Spend Memorial Day Weekend in Amish Country!

#### PENN DUTCH TREAT

May 27-May 30 (depart Friday morning, return Monday evening)

Trip No. PDT

Price: \$350

Early discount deadline: April 1

Transportation: Van

Lodging: Farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 40 per day on rolling hills

Leaders: Eileen Kapp & Steve Sakson

Join us for an enchanting Memorial Day weekend in the serene Pennsylvania Dutch countryside of Paradise. The clip-clop of horse-drawn carriages and the neighborly smiles of friendly Amish farmers accompany us as we ride past lush pastures and through historic covered bridges. We will stay at the guesthouses at Verdant View (<http://www.verdantview.com>) and, if you are an early riser, you can even help milk the cows! Visits to farmer's markets, crafts fairs, or the local vineyard for a late afternoon of wine and cheese are all part of this biking treat. Other highlights may include dinner and entertainment at an Amish family home, plus a guided tour by bike of the area! This is a rare opportunity to learn first-hand about these charming people whose simple ways have survived through hundreds of years despite the changing society around them.

### Trek to Tiorati!

#### BEAR MOUNTAIN-HARRIMAN STATE PARK

May 28-May 30 (depart Saturday morning; return Monday evening)

Trip No. BM

Price: \$135

Early discount deadline: April 1

Transportation: Self-contained

Lodging: Cabins/Dorm rooms

Trip Rating: A

Mileage: Hard, 50 each way with some very steep hills

Leaders: Ira Najowitz and Manny Sanudo

Our "host" for this self-contained trip (meaning you must carry all your gear in panniers on your

bike) is the idyllic Camp Thendara Lodge (<http://www.thendaramountainclub.org>) on Lake Tiorati in Bear Mountain/Harriman State Parks. We will cycle 50 hilly miles from midtown Manhattan on Saturday and return on Monday along well-scouted routes with many lovely and quiet roads. Sunday is an off day where you can swim, hike, take a boat out, relax, or even do some more biking in the park. Trip includes two each of "home cooked" breakfasts, trail lunches, and dinners. Guests at Camp Thendara prepare their meals and perform light clean-up chores. It's a great way to start off the Summer biking season!

### **Cycle S'Il Vous Plait! MONTREAL QUICK SPIN**

May 28-May 30 (depart Saturday morning; return Monday evening)  
Trip No. MQS  
Price: \$370  
Early discount deadline: April 1  
Transportation: Bus  
Lodging: Motel, double accommodations  
Trip Rating: A  
Mileage: Various but for Quick Spin/"A" riders only!  
Leader: Wentworth Price

It may be a long bus ride, but the end result is "Wentworth-while:" the "Bike Fest 2005" Metropolitan Challenge, one of Canada's best-run mass cycling events, sponsored by the same folks who run the more famous Tour de L'ile (<http://www.velo.qc.ca/feria/bikefest2004.php>). But instead of 45,000 tourists, the "Met" is geared for the self-sufficient "A" rider. A couple of short quick spins will round out the weekend, with comfortable lodgings and Saturday night dinner. Specific trip details including bike loading specs and cross border requirements will be sent to trippers a week or two prior. May be co-listed with NYCC and Major Taylor. Space is limited so sign up early!

### **Vineyards of the North Fork! BIKE-BOAT-WINE-DINE**

June 4-June 5 (depart Saturday morning; return Sunday evening)  
Trip No. BBWD  
Price: \$200  
Early discount deadline: May 1  
Transportation: People by LIRR with Bikes by Truck; Car Pooling option  
Lodging: Motel; double accommodations  
Trip Rating: A/B/C  
Mileage: Various, mostly flat but hillier on Shelter Island  
Leaders: Ted Kushner and Sharon Behnke

This weekend takes advantage of Long Island's beautiful "North Fork": mostly flat biking, vineyards, coastlines, and Shelter Island. Saturday we'll ride the rails to Mattituck to meet our bikes, then tour and sample the vintages of some of the excellent wineries dotting the landscape. Dinner is

planned at a wonderful local town restaurant within walking distance of our lodging at the Mattituck Motel. On Sunday we just know there ain't gonna be no rain for our friends at the Suffolk Bike Riders Association and their annual Bike-Boat-Bike Century (<http://www.sbraweb.org>), offering varying distances between 25-125 miles, sag support, rest stops and ferry boosts across the bays for the longer routes.

### **History in the Making! CONQUERING CONCORD**

July 1-July 4 (depart Friday morning, return Monday evening)  
Trip No. CC  
Price: \$300  
Early discount deadline: June 1  
Transportation: Van  
Lodging: Hostel with semi-private rooms, double or triple accommodations  
Trip Rating: B  
Mileage: Moderate, 35-40 per day on rolling hills  
Leaders: Ted Kushner

An old firecracker friend of a trip returns with new vigor! Travel to New England for the July 4th weekend and bike into early American history (and herstory). We'll stay at the Friendly Crossways hostel near Littleton MA ([www.friendlycrossways.com](http://www.friendlycrossways.com)), one of the most charming facilities in the country. The historic towns of Concord, Lexington, and Walden Pond are all in the neighborhood, along with the Fruitlands Museum (home to Emerson, Hawthorne and Alcott), a Shaker village, the Veri-Fine juice factory, and an ice cream shoppe that's become the "in" place for hot and thirsty travelers. And if the weather sours, Boston is only 40 minutes away! Don't miss this wonderful weekend retreat!

### **Dazzling Dutchess HOLMES FOR THE HOLIDAY**

July 2-4 (depart Saturday morning; return Sunday evening)  
Trip No. HFH  
Price: \$185  
Early discount deadline: June 1  
Transportation: Metro-North and Self-contained  
Lodging: Cabin with Dorm rooms  
Trip Rating: B  
Mileage & Leaders: TBA

Returning to our calendar after too many years absence is this lovely, low cost trip to the Holmes Camp & Conference Center near Pawling NY (<http://www.presbyteriancenter.org>). We'll travel by Metro-North to Brewster, then bike a few miles to the Center to drop off our belongings. From there, further exploring of this scenic area. Swimming, boating, and hiking is also available. Sunday is more biking and return to the train. The rides cover moderate to hilly terrain. Remember, you must be able to carry your belongings in panniers! Cost includes round-trip train fare; bike permit is required.

*(continued from previous page)*

cancellation subject to the policy below. No exceptions! If your check does not clear our bank, you will be charged a processing fee and/or you will not be permitted to sign up for any future weekends.

#### **4) Cancellation/Transfer Policy**

Strictly enforced! Because the Club must abide by cancellation policies as established by lodgings, bus companies, or event organizers, and because the Club loses money on trips with late cancellations, our policy pertaining to cancellations, transfers and refunds will be strictly enforced as follows:

- a) You may cancel or transfer to a new trip up to 28 days prior to original trip departure with refunds of full payment or deposit subject to a \$50 fee. However, you may receive a full refund ONLY if YOU find someone to take your place on the trip; such person must abide by all policies herein.
- b) You may cancel or transfer to a new trip up to 14 days prior to original trip departure with refunds of full payment or deposit subject to withholding of non-cancelable costs such as lodging, van rental costs, and event fees. Such costs are at the discretion of the Club and will be calculated on a trip by trip basis. However, you may receive a full refund ONLY if YOU find someone to take your place on the trip; such person must abide by all policies herein.
- c) If you cancel or request a transfer less than 14 days prior to departure, there are NO refunds. This includes "no-shows" on day of departure. No Exceptions!
- d) If you request a transfer, it must be to a trip scheduled in 2005, subject to availability. If the new trip is full, you will be so informed and you may choose to be put on the waiting list. Transfer requests are subject to the schedules and fees described above. Once you transfer to a new trip, you cannot request a further transfer to a third trip.

*(continued on next page)*

(continued from previous page)

e) In the unlikely event that the Club "overbooks" a trip, and we ask you if you wish to transfer or cancel, or if the Club must cancel a trip, you may choose to receive a full refund or credit toward a future 2005 trip without any fee as described above.

f) Requests for transfers or cancellations will be accepted by telephone, email, snail mail, or in person during regular Club office hours.

#### 5) Transportation

Primary transport to our destinations is listed in each trip description and will be by one or more of the following methods:

a) 15 passenger van with bicycles racked on top; luggage to be stowed inside or atop van.

b) Bus, with bicycles stowed in luggage compartment.

c) "Self-contained", via your own "pedal power". You must be able to transport your own luggage via panniers on a front or rear rack.

d) Metro-North, LIRR or other public transport.

e) Car Pooling - If we have enough cars and drivers, we will attempt to connect those who need rides with those who have space. This will be done via email and/or telephone. Please contact [weekends@5bbc.org](mailto:weekends@5bbc.org) if you have a car with space or need a ride. Car owners are expected to be fully self-insured. If not enough drivers are available, a trip may be converted into a van trip. Trips that list car pooling as primary transport do not include costs for gas or tolls, and persons needing rides are expected to chip in for such costs to the drivers.

#### 6) Lodging and Meals

The cost of each trip includes round trip transportation, accommodations, leaders, event fees where applicable, and generally breakfast and dinners. Except where noted, lunches or in-transit meals, souvenirs, museum

(continued on next page)

## Weekend Trips continued

### **Jersey Jaunting! PEDAL & PADDLE**

July 29-31 (depart Friday evening; return Sunday evening)

Trip No. P&P

Price: \$185

Early discount deadline: June 1

Transportation: Car pooling; Van option

Lodging: Cabin with Dorm rooms

Trip Rating: B

Mileage: Moderate, 40-45 with some steep hills;

canoe/kayaking is mostly gentle

Leaders: TBA

In the middle of summer, what could be more refreshing than cycling in the Delaware Water Gap National Park area one day, amidst stunning back roads (including the fully repaved Old Mine Road), trees, river views, a few hills, followed the next day by a kayak or canoe trip in the Delaware itself? Another long time favorite trip of the Club, with cabins and lodging courtesy of our friends at the Mohican Outdoor Center, an AMC affiliated club (<http://www.mohicanoutdoorcenter.com>). And to top it off, dinner Saturday night is at the fabulous Walpack Inn, whose backyard is where the deer and the antelope literally play. Well, maybe not an antelope, but possibly bears. Oh My!

### **Lancaster's Crown Jewels! COVERED BRIDGES RIDE**

August 19-21 (depart Friday evening, return Sunday night)

Trip No. CB

Price: \$200

Early discount deadline: July 1

Transportation: Van

Lodging: Motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke

Discover some of Pennsylvania's most famous rural scenery as we participate in the 27th annual Covered Bridge Metric Century. Produced by the Lancaster Bicycle Club, you can bike 62-, 31- and 15-mile routes. Final trip price will include event fee, t-shirt, and traditional smorgasbord dinner on Saturday night! Trip may depart Saturday August 20.

### **Green Mountain Gorgeous! VERMONT CENTURY + SCENIC TOURING**

August 25-28 (Depart Thursday afternoon, return Sunday evening)

Trip No. VCST

Price: TBA

Early discount deadline: July 1

Transportation: Van

Lodging: Private Ski Lodge

Trip Rating: A/B

Mileage: Various; Century or half on Saturday; long/short options on other days.

Leaders: Susan Rodetis and TBA

Vermont, here we come again, including Saturday's The Mad River Century. Delight in this wonderfully supported century (some shorter options) through the lush green of VT river valleys (and no mountain passes) via a gorgeous route alongside rivers, springs, Montpelier state capital, forever wild Granville Gorge, state forests, farms (more cows than residents in VT), covered bridges, and multiple scenic byways. And the whole century is done w/o a cue sheet; there are simply 5 right turns. In total, our trip enjoys 3 full days of bike touring/touristing/play in the lovely Lake Champlain locale with beautiful vistas, mountains, local rivers, and local gliding/soaring airport.

Depart Thurs. afternoon 3PM (yes, wheels up at 3PM) to allow a full Friday cycling in VT.

Accommodations in a private ski club,

linens/towels furnished, mostly semi-private rooms w/semi-private bath. Van & lodge size may limit group, as does century event (closed out the past few years), so sign on early. Cost includes event fee, t-shirt, accommodations, 3 cooked breakfasts, 4 dinners (in-van northbound meal to reduce travel time + pre-event dinner Friday night + post-event barbecue + dinner at Albany Pump Station, a brew pub along the Hudson River, on the drive back).

### **Life's a Beach! CAPE ESCAPE**

September 2-5 (depart Friday morning, return Monday night)

Trip No. CAPE

Price: \$300

Early discount deadline: August 1

Transportation: Van

Lodging: Hostel, dorm rooms

Trip Rating: B/C

Mileage: Easy to Moderate, 30-40 per day, flat with some rolling hills

Leaders: Clyde Eisman and Sharon Behnke

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is criss-crossed by gentle, immaculate rail trails, with occasional rolling hills, and our lodging is located right near a brand new section. Out of Provincetown, the dune trails are breathtaking. Whale watching, lighthouse climbing or maritime museum hopping are good bets, or enjoy sunbathing at the national seashore beaches. Special package this year includes all you can eat pancake breakfasts, a four-hour kayaking trip, and a home cooked lobster dinner! It'll be a perfect es "cape" for first-timers and old-timers alike.

## **Tempting Tahoe**

### **LAKE TAHOE & SIERRA FOOTHILLS**

September 2-11 (Friday night probable but maybe Saturday AM departure; return Sunday)

Trip No. TSF

Price: TBA; deposit of \$500 for this trip may be required

Early discount: None (due to trip complexity, no discount for this trip is available)

Transportation: mixed (including bike transport via horse trailer – for real!)

Lodging: Victorian mansion, hostel, motel/hotel

Trip Rating: A/B+

Mileage: 30-75/day

Leader: Susan Rodetis

This trip will encompass a splendid variety of breathtaking vistas, terrain and experiences. And for sure, sights galore and probably some surprises, as well. This is truly for adventuresome and healthy souls. Susan's lived in Tahoe plus taught skiing there several times this winter; during her trips this year, she's been setting up a top notch cycling trip (even bringing in family to help with the bike transport). Our work-in-process: the Sierra foothills and historic Gold Rush country; Sacramento Old Town and the American River Trail; awesome crystal Lake Tahoe and Emerald Bay; historic Truckee; South Shore Tahoe (yes, many casinos and yummy all-you-can-eat buffets); certainly soaking in at least 1 of the many hot springs; maybe Carson Valley/Virginia City. *Many* more details of this trip online at [www.5bbc.org/weekend.shtml](http://www.5bbc.org/weekend.shtml).

## **Bucks County Beauty!**

### **PEDAL TO PENNSYLVANIA (UNDER YOUR OWN STEAM!)**

September 3-5 (Depart Saturday morning; return Monday evening)

Trip No. PENN

Price: \$170

Early discount deadline: August 1

Transportation: Self-contained

Lodging: Hostel, dorm rooms

Trip rating: A

Mileage: Hard, 75-80 each way

Leaders: Ira Najowitz

You, your trusty bike, and the open road. Self-contained bicycle touring is the way to go! We'll depart early Saturday morning on the PATH train to Newark, and then we'll bike through the beautiful countryside of western New Jersey, cross the Delaware River at Washington's Crossing into Bucks County, Pennsylvania, and then on to the Tyler State Park Hostel in Newtown. The terrain varies from rolling to steep. A rear rack and panniers to carry your gear and everything you will need for the weekend is MANDATORY. There is NO VAN SUPPORT! To really enjoy the trip, it's essential that you feel comfortable biking 75-80 miles a day with a loaded bike, which is the distance we'll be covering on both Saturday and Monday, when we'll return to Newark via a different route. Sunday will be for hanging out or

doing a scenic ride in the area. For more information, call or e-mail Ira Najowitz at 718-468-7714, [librarius1@yahoo.com](mailto:librarius1@yahoo.com).

## **Pie-d Piping! PUMPKIN PATCH**

Dates: TBA (will depart Saturday morning, return Sunday evening)

Trip No. PUMP

Price: TBA

Early discount deadline: August 1

Transportation: Car Pooling; Van Option

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: Various, flat to some rolling hills

Leaders: Alfredo Garcia and Mark Trainor

Come join us for this fantastic "pumpkin-friendly and mostly pancake-flat" annual tour with ride choices between 25-100 miles. Organized by our friends at the Staten Island Bicycling Association, each of the routes winds through the scenic, rolling farmlands of central New Jersey during the peak of the harvest season. Along the way, you'll be able to rest and munch at the fabulous rest stops, featuring entertainment and well stocked with fresh fruit and baked goodies, including pumpkin and apple pie! The tour takes you through farmland you may never have known still existed in New Jersey. We'll also do some cycling on Saturday, enjoy a great Italian dinner out that evening, and then spend the night at a nearby comfortable hotel. Also included in price is a nice long-sleeve Pumpkin Patch shirt. Don't miss this great nearby retreat!

## **Join 'the Flock' in Maryland SEA GULL CENTURY**

Columbus Day Weekend: October 7-9 (depart Friday morning, return Sunday evening)

Trip No. SGC

Price: \$380

Early discount deadline: September 1

Transportation: Van

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: Various, mostly flat

Leaders: Steve Sakson

Who wants to sign up to our annual "SRO" trip to this annual sell-out in Salisbury, Maryland, featuring a flat century, beautiful scenery, pie a la mode, an all-you-can-eat crab fest, plus transport, lodging, event registration and buffet meals? Raise your hands fast because Sea Gull is rated one of the top century events by League of American Bicyclists. Plus, if you're thinking about driving down on your own, forget it: every motel within a 50-mile radius is booked solid. With cue sheets, marshals, SAG, first aid, and rest stop locations at the Pocomoke River, Assateague Island, and Adkins Mill Pond Park, plus an indoor pool and outdoor "beach" bar, this gala is surely a classic. Departs early Friday for added cycling.

*(continued from previous page)*

admissions and the like are not included in the trip price.

Lodgings are at motels, hostels, farmhouses or cabins. Four to eight people typically will share dormitory style rooms at hostels or cabins; linens may be required for certain trips. Please note that hostels often have a curfew and usually require hostellers to perform light chores. Meals may be prepared by the group, taken at area restaurants, or prepared by lodging staff members.

### **7) Trip Ratings**

Each trip will have two trained, experienced volunteer leaders. Trips are categorized by distance or terrain: "A" rides are challenging, covering 40 or more miles per day at a moderate to fast pace on hilly terrain; "B" rides cover 30-50 miles per day at a moderate pace on varied terrain, i.e. rolling hills. "C" rides are easy, covering 20-40 miles per day on mostly flat terrain at a slower pace. Except where there is participation in non-5BBC sponsored events (such as the Sea Gull Century), rides will generally be done via the Club's "point-drop-sweep" system.

### **8) Meeting locations**

Participants will be notified by phone or email approximately 1-3 weeks prior to departure as to the exact meeting place for each specific trip. Itineraries for specific trips may be sent to participants for specific trips. Further updates will be posted on the 5BBC web site.

### **9) Thanks for your participation and we look forward to a great weekend trip season!**

## **Looking for 5BBC member's services?**

See our classified listings at:

[www.5bbc.org/bicycletter/200503/classifieds.shtml](http://www.5bbc.org/bicycletter/200503/classifieds.shtml)



## Day Trip Meeting Places

**AYH:** Hostelling International/ American Youth Hostels, Amsterdam Avenue at 103 Street, Manhattan. Subways: 1 9 to 103 Street, 2 3 to 96 Street.

**Bridgemarket:** Plaza on the Northeast corner of East 60th St and First Avenue, and faces across the avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

**Brooklyn Borough Hall:** Cadman Plaza West at Montague Street, Brooklyn. Subways: A C F to Jay Street/Borough Hall, 2 3 4 5 to Borough Hall, N R W (N weekdays, W weekends) to Court Street.

**Central Park Boathouse:** East Drive in Central Park, Manhattan, just north of East 72 Street entrance. Subways: N R W (N weekdays only) to 5 Avenue, 6 to 68 Street or 77 Street, F to Lexington Avenue-63 St.

**Chelsea Piers:** West 22nd Street at West Street, Manhattan, by the Greenway path. Subway: C or E train to 23 Street and Eighth Ave.

**City Hall:** City Hall just south of Chambers & Center Streets, directly across from the Brooklyn Bridge entrance, Manhattan, at the Statute of Horace Greeley. Subways: 2 3 to Park Place, N R W (N weekdays, W weekends) to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers Street.

**Cold Spring:** Metro-North train station, Depot Square at Main Street (Route 301), Cold Spring, New York (Putnam County). Approximately 1 mile west of Route 9D.

**Columbus Circle:** Central Park West at 59 Street, Manhattan, NE corner, entrance to Central Park, facing fountain (Merchant's Gate). Subways: A B C D 1 to 59 Street.

**Cunningham Park:** Union Turnpike at 196 Place, Queens. From 179 Street, last stop on F train: left on Midland Parkway, left on 188 Street, right on Union Turnpike to parking lot at 196 Place.

# Day Tripper

Spring is just about here. That means we've got tons of old and new rides for you to get rolling with! Again, the focus is on our patented Montauk Century and Metric Training Ride Series, a gentle way to get you ready for the main event on Sunday, May 15th.

In addition, trusty Webmaster Jim Zisfein has put together several Bike-Hikes, Richard Sanford has two new exotic cultural rides, there's President Ed's Spring Series, and a few other odds and ends.

## About the Montauk Century Training Ride Series

This year, we have made some minor changes to the Training Ride Series. The principal change is that the Manhattan starting location has now moved to the COLUMBUS CIRCLE entrance of Central Park, which is the Northeast corner of West 59th St and 8th Avenue. From this spot, we can now enter the parks loop road without crossing any vehicular traffic. As before, the Queens rides in the Training Ride Series starts at scenic Cunningham Park, which has ample parking nearby.

If you complete all or most of the rides, you will gradually condition yourself for the Montauk Century. The Training Ride Series destinations remain the same as in past years. To accommodate the needs of our faster-riding members (and get them home earlier), most of the rides will be offered with a Quick Spin option.

## The Metric Series

If you want to train for the Montauk Century, but aren't ready for the full century event, the 5BBC offers a metric century on May 15th, and a series of 4 metric training rides to match. This is a simpler progression from 20 to 50 miles, all of which leave from a variety of Manhattan starting points.

## Quick Spins and the No-Drops Rides

We can offer a Quick Spin option on training rides as long as enough leaders show up, and are willing to lead the faster group. We must have at least two leaders with each group. Quick Spin rides will not use the point-drop-sweep method. They will have leaders providing point and sweep functions, though, so the group must stay close together. The pace of the Quick Spin is determined by the leaders, but can average between 17 and 19 mph. If you are not sure if you can do the Quick Spin pace, please ride with the regular group. No matter which group you ride with, please follow the directions of the ride leaders – they are looking out for your safety throughout the ride.

All trippers who join Quick Spin groups will be expected to know how to read a cue sheet, in case

they get separated. Regular ride groups will leave a short time after the Quick Spin. While it is possible that a regular group could pick up slow riders from Quick Spin groups, there is no guarantee that will happen. If you are unsure about an area where the ride is heading, take a map and a railroad pass.

All training rides that go 70 miles or farther will probably be led without drops, and it is likely they will only be one group, not two. The 5BBC does list two start times, just in case there is enough demand for a Quick Spin ride. That means that you must be able to read a cue sheet and to keep up with the rest of the group. Please don't attempt a long distance ride if you are not ready for it!

## Be Prepared

If you plan on taking part on training rides – whether Montauk Century or Metric series – you must come prepared and ready to ride.

First, be sure to carry some small snacks or energy bars. You will need fuel for your body's engine along the way. When you're climbing those hills, just a cup of coffee in the morning will not be enough to keep you going.

Second, and just as important, is water. In my opinion, a 50 oz. or larger hydration pack works best. If you prefer bottles to packs, please bring at least two. You can easily bonk or cramp up if not sufficiently hydrated, and then you'll have trouble getting back home. In other words: drink and you won't bonk!

Make sure your vehicle is in proper working order in advance of every ride. Check the brakes, shifters, and other moving parts. Pre-lube your chain, if it needs it. Inflate your tires to the recommended pressure before you head out. That way, you won't have to delay the group when it's time to depart. If you haven't done so in the past year, give your bike a tune-up before the series gets going. I always say if your bike needs some maintenance, it's best to see to it in the off-season – before the shops get buried in repairs.

Next, dress appropriate to the weather. Early Spring temperatures range from the low 30s to mid 50s. Dress in several layers, and wear a jersey or jacket with outer pockets that can carry your food, tools and anything else you really need. Try not to pack too much on your bike, or you'll just be carrying a couple extra pounds up all of those hills.

**(Day Tripper continues on next page)**

## Day Tripper continued

Now, a word about equipment. You must carry a spare tube that fits your tire, a pump, a patch kit, and few small tools to make adjustments or emergency road repairs. Plan as if you were going on a long ride by yourself. It's very easy to get separated from the group, especially on Quick Spin rides. You should not assume that another rider or the ride leader is going to fix your bike if it breaks. They might, but don't plan on it.

For tools, I recommend multiple sizes of a metric Allen wrench, a small, adjustable wrench, a small screwdriver, and a pocket-sized chain tool. You can get many of these in a multi-tool, such as the Topeak Alien.

Also, do yourself proud by taking one of the club's basic repair classes. Bike repair classes will save you both hassle and future embarrassment on the road.

Once on the road, you will be expected to keep up with the group. Most of the training rides will be led at a 'B' pace. Quick Spin groups will be aiming for a faster pace. What does that mean? It means that you have to keep moving, ride single file and stay on the right. Don't ride two abreast. Talk when necessary, but remember – these rides are practical and not the relaxed, leisure rides that you see offered with the 5BBC Happy-Face icon.

Questions or comments? Email me at [daytrips@5bbc.org](mailto:daytrips@5bbc.org)

Danny Lieberman  
Day Trips Coordinator, 2005  
[daytrips@5bbc.org](mailto:daytrips@5bbc.org)

---

## Day Trips: March-April 2005

### Saturday, March 5th

#### Montauk Training Ride #1: Sands Point 9 a.m., Cunningham Park, 30 miles

Last week we were testing the waters, this time we're really serious. It's time to get into shape for the bicycling season. Whether you've been riding with us in the cold, or just had your bike hanging on the hooks, it's time to stretch those legs. Join the first training ride, a short but fun one on the Island. Bring or buy lunch. Remember to pack your tools and a spare. Leaders: Ed Pino, Liz Baum and John Chiarella.

### Sunday, March 6th

#### Montauk Training Ride #2: Englewood 9 a.m., Columbus Circle, 30 miles

If you couldn't join us for Saturday's inaugural ride, we've got a similarly short but sweet ride to nearby New Jersey. It leaves from our new starting location. Remember to bring a spare and some water to stay hydrated. Bring a lock, because we're lunching at the Royal Cliffs diner at the top of the big hill. Leaders: Jim Zisfein, Lee Ann Van Wyck and Brian Hoberman.

#### ☺ Hudson River Museum

##### 10 a.m., Plaza Hotel, 30 hilly Miles

We'll ride through Central Park and up the center spine of Manhattan. Then we will cross the Harlem River into The Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct until we reach the Hudson River Museum. This is not just a museum, but also a

mansion and a planetarium. Bring your inquisitiveness, \$6 for admission, lunch or money to buy it; a lock and your Metro-North pass in case you have to bag-it. Some hills, road bikes OK. Maybe a bonus museum as well. Leaders: Ed DeFreitas and others.

### Saturday, March 12th

#### Montauk Century Training Ride #3: Hicksville

##### 9 a.m., Cunningham Park, 35 miles

Hicksville is our destination - a fast dash to a comfy diner not too far away. A quick spin might be in the offing, if enough leaders meet us in Cunningham Park. Remember to bring that lock, spare tube and pump. Did you remember to fill your water bottles? OK, it's not too far and the road is relatively flat. Leaders: Ed Pino and Liz Baum.

### Sunday, March 13th

#### Montauk Century Training Ride #4: Englewood Cliffs

##### 9 a.m., Columbus Circle, 40 miles

This is not quite the same ride as we did last week. There's more to see, and an extra loop or two to increase the mileage. The same big hill challenges you on the way to the diner, though. You can best it faster now that you've done it before. Did you fill your Camelbak before you left the house? Good, but don't forget that spare tube and energy bar, just in case. Leaders: Dan Finton, Andrea Mercado, Mark Trainor and Brian Hoberman.

## Day Trip Meeting Places (continued)

**Eastchester:** Dyre Avenue at 233 Street, Bronx. Last stop on 5 subway train (not Nereid Avenue).

**East 34th Street Ferry:** East 34 Street at FDR Drive, Manhattan. Subway: 6 to 33 Street.

**George Washington Bridge Bus Terminal:** George Washington Bridge Bus Terminal - Fort Washington Avenue at 178 Street (northwest corner), Manhattan. Subways: A to 175 Street, C 1 to 168 Street.

**Grand Central Terminal:** East 42 Street at Park Avenue South, Manhattan. Within view of the information kiosk in the center of the main hall. Subways: S 4 5 6 7 to Grand Central.

**Katonah:** Metro-North train station, Katonah Avenue and Jay Street, Katonah, New York (Westchester County).

**Kew Gardens:** Queens Boulevard (north side) and Union Turnpike, Queens. Meet at "Statue of Civic Virtue" on corner. Subways: E F to Kew Gardens, Union Turnpike.

**North White Plains:** Metro-North train station parking lot. Fisher Lane at Harlem Avenue, near North Broadway, White Plains, New York (Westchester County).

**Penn Station:** 8th Avenue and 31 Street, on the sidewalk, Manhattan. Subways: A C E to 34 Street, 1 2 3 to 34 Street.

**Pier 11:** Wall Street and South Street Seaport, Manhattan. Subways: 2 3 to Wall Street, J M to Broad Street.

**Pier 78:** NY Waterways Ferry Terminal at 38 Street and West Side Highway (12 Avenue), Manhattan. Subways: A C E to 34 Street Penn Station, or A C E to 42 Street Port Authority.

**Plaza Hotel:** Fifth Avenue at 59 Street, Manhattan. Subways: N R W (N weekdays only) to 5 Avenue, 4 5 6 B D E F V nearby.

## Day Trip Meeting Places (continued)

### Port Imperial Waterway

**Terminal:** North End Avenue, south of Vesey Street, World Financial Center, Battery Park City, downtown Manhattan. Subways: 1 N R W (N weekdays, W weekends) to Rector Street or Cortlandt Street, C E to World Trade Center.

### Prospect Park Grand Army Plaza:

Flatbush Avenue at Eastern Parkway, Brooklyn. Benches at the Grand Army Plaza entrance to the park. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### Prospect Park Picnic House:

Prospect Park, Brooklyn, West Drive. Enter at Grand Army Plaza, turn left at third traffic light, or enter at Third Street, turn left at first traffic light. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### Roosevelt Island Tramway:

59 Street and 2 Avenue, in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

### Shea Stadium:

Roosevelt Avenue and Corona Park, Picnic Area. Subways: 7 to Willets Point/Shea Stadium.

### Soldiers' and Sailors' Monument:

Flatbush Avenue at Eastern Parkway, Brooklyn. Under the arch in the center of the traffic circle (caution!). Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### South Ferry:

Auto ticket booth for the Staten Island Ferry, at ground level. The southernmost point of Broadway, at the foot of Manhattan. Also known as the Whitehall Ferry Terminal, located at Whitehall & South Streets. Enter at ground level bike/pedestrian entrance. Please follow ferry crews' instructions. Visit [www.siferry.com](http://www.siferry.com) and [www.transalt.org/info/abroad.html](http://www.transalt.org/info/abroad.html) for more information.

Subways: 1 to South Ferry, N R W (N weekdays, W weekends) to Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

## Day Trips continued

### Sunday, March 13th

#### ☺ Palisades Bike Hike: Greenbrook Sanctuary

8:30 a.m. GW Bridge Bus Terminal (West 178th Street & Ft. Washington Ave.), 15-mile ride, 4-mile hike

From the Greenbrook website ([njpalisades.org/greenbrook.htm](http://njpalisades.org/greenbrook.htm)): "Greenbrook Sanctuary is 165 acres of woodland on top of New Jersey's magnificent Palisades. 4.7 miles north of the George Washington Bridge, off U.S. Route 9W, the sanctuary is an oasis of solitude and natural beauty, minutes away from one of the noisiest, most densely populated areas in the world." Escape from the city to this nearby and truly natural wonder, and learn about its history on a professionally guided hike. Bring a bike lock, comfortable walking shoes, water, and \$ for lunch at the nearby Royal Cliffs Diner. Pace: relaxed. Leaders: Jim Zisfein and Sharon Behnke.

#### ☺ Under And Over The Hudson

10 a.m., City Hall, 25 miles

Stretch your legs on the long shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to N.Y.C. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian and Eastern Europe. It's all on one block of Amsterdam Ave. between 110th & 111th Streets. Then, we'll follow the Hudson River line back down to City Hall. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

### Saturday, March 19th

#### Montauk Century Training Ride #5: Northvale

9 a.m., Columbus Circle, 45 miles  
8:30 a.m., Quick Spin group

Spring is here and we're going inland. The hills are playful and keep coming back as we challenge them. Take something windproof and water repellent, just in case. Did you pack a snack or energy bar? Leaders: Jim Zisfein, Andrea Mercado and Brian Hoberman.

### Sunday, March 20th

#### Montauk Century Training Ride #6: Glen Cove

9 a.m., Cunningham Park, 50 miles  
8:30 a.m., Quick Spin group

Spring has finally arrived, but will it be wet or dry? One thing you can be sure of is hills a plenty out to Glen Cove and back. Pack light but be sure you've got your essentials. Leaders: Victor Sanchez-Valado, Ed Pino and Liz Baum.

#### ☺ Near Brooklyn

9:30 a.m., City Hall, 20 miles

The twin cities of New York & Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time & others. Then, maybe, end up at a bike friendly pizzeria near Bowling Green. Leaders: Ed DeFreitas and others.

### Saturday, March 26th

#### Montauk Century Training Ride #7: Westwood

8:30 a.m., Columbus Circle, 55 miles  
8 a.m., Quick Spin group

We're riding even farther inland this time, past the reservoir and deep into the Pascack Valley. And that means more hills, but by now you can conquer them easily. Leaders: Steve Sakson and Lee Ann Van Wyck.

### Sunday, March 27th (Easter Sunday)

#### ☺ Easter Jam: Manhattan Loop Ride

10 a.m., South Ferry, 30 easy miles

This is a simple ride really, just a loop around Manhattan taking advantage of all the new bike



5BBC Day Trippers take in the wonderful Hot Chocolate treats at MarieBelle, in Manhattan's SoHo section (photo: Danny Lieberman).

paths and lanes that have been installed in the past few years. Terrain: almost entirely flat. Moderate pace. Leaders: Danny Lieberman, Brian Hoberman and others.

### Four Boro Bike Ride

9:30 a.m., City Hall, 30 miles

Sorry S.I. We promise to dedicate an entire ride to you. We want have enough time give justice to Arthur Avenue, deep in the heart of The Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into The Bronx. We'll lunch along the Italian enclave of Arthur Avenue, near Belmont Avenue – the origin of the "Dion & The Belmonts" name. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

### Saturday, April 2nd

#### Montauk Century Training Ride #8: Centre Island

8:30 a.m., Cunningham Park, 60 miles

8 a.m., Quick Spin group

Is Centre Island really an Island? Is it in the center of Long Island? And are there any Oysters left in Oyster Bay? This is the last of the point-drop-sweep training rides! Get ready for the longer rides and don't forget to change your clocks before Sunday. Leaders: John Chiarella, Ira Najowitz and Bob Castro.

### Sunday, April 3rd - Daylight Time Begins!!

#### Montauk Century Training Ride #9: Hackensack

9 a.m., GW Bridge Bus Terminal, 20 miles

Want to prepare for the Metric Century? Or, if you're only just getting back in the saddle, join me for an easy workout to nearby Hackensack. We visit an old WWII era submarine, and cross the Hackensack River. Please remember to bring a lock, spare tube, and a pump, of course. Pace: moderate. Terrain: some hills. Leaders: Danny Lieberman and Manny Sanudo.

### Spring Training Ride To Yogi Berra Museum, Or, If There's A Fork In The Road, Take It

9:30 a.m., AYH, 55 miles

Was it 35 miles or was it 50? We never could quite figure out the mileage on this trip to the Yogi Berra Museum. So by popular demand, we're gonna reset the odometers and head to nearby Montclair to peruse some nifty baseball history, courtesy of retired Number 8 of the New York Yankees. Well, it sure looks nearby on the map, doesn't it? Just remember: this ride ain't over til it's over. Must maintain average 13 mph pace – this is, after all, a spring training ride. We want to get back early.

Bring \$6 for museum admission, lunch money, bike locks. See <http://www.yogiberramuseum.org> for updates on programs. Pace: Brisk, fairly hilly. Heavy rain cancels. Leaders: Ted M. Kushner, Ed Pino and Liz Baum.

### ☺ Palisades Bike Hike: Peanut Leap Cascade

9 a.m., GW Bridge Bus Terminal, West 178th St. & Ft Washington Ave. 25-mile ride, 4-mile hike

We ride to State Line Lookout near the NJ/NY state line, and then go on a professionally led history hike to a lovely waterfall. See [www.njpalisades.org/slo-hike.htm#Peanut](http://www.njpalisades.org/slo-hike.htm#Peanut) for hike details. Bring a bike lock, comfortable walking shoes, \$ for lunch or bag lunch, and water. Pace: ride, moderate; hike, slow. Leaders: Jim Zisfein and Ed Ravin.

### Longer Ride To A Shorter Pier

9:30 a.m., Plaza Hotel, 50 miles

Yeah! Yeah! Everybody goes to Piermont! Big deal! But, do know why the place exists? Who cares! Just as long as it's there for cyclists knock themselves out getting there. So come, enjoy. Have a doughnut on the way back, maybe. You worked hard. You deserve it. Leaders: Ed DeFreitas and others.

### Saturday, April 9th Montauk Century Training Ride #9: Rockland Lake

8:30 a.m., Columbus Circle, 70 miles

8 a.m., Quick Spin group

Get ready for a long one. This ride will be fast and have no drops, so you'll be expected to keep a steady pace with either group. Be sure to pack a map of Rockland County along with your patch kit and energy bars. Leaders: Steve Sakson, Dan Finton, Jesse Brown and Brian Hoberman.

### ☺ Hua Mei Bird Ride

9:45 a.m., Prospect Park, Entrance at Grand Army Plaza, 20 miles

It's a shame, but have you noticed that people don't seem to walk their birds like they used to? Just don't tell that to the old timers of the Hua Mei Bird Club of Chinatown. On any Saturday, you can find these chirping beauties (the birds not the men) as they sit in the park and try to out-sing each other. We'll tread lightly and respectfully since we don't want to ruffle any feathers as we explore the secrets of the Hua Mei bird. Mr. Zhu Ge Da (better known as Dan Greenberg) will give us some tips on the art of bird walking and what to look for when hunting (oops) for a Chinese birdcage. Bring lock, and lunch money for a meal at a Chinatown dumpling house. Leaders: Richard Sanford and Ken Williams.

## Day Trip Meeting Places (concluded)

#### Staten Island Borough Hall:

Richmond Terrace and Borough Place, Staten Island (near the Staten Island Ferry Terminal).

**Van Cortlandt Park:** Broadway at West 242 Street, Bronx. Last stop on 1 subway train.

**Wakefield:** White Plains Road at 241 Street, Bronx. Last stop on 2 subway train.

**Westchester Square:** East Tremont Avenue, Westchester Avenue and Williamsbridge Road, Bronx. Subway: 6 to Westchester Square.

**White Plains:** Metro-North train station, Hamilton and Ferris Avenues, White Plains, New York (Westchester County).

**White Plains Road:** White Plains Road at Pelham Parkway, Bronx, 2 subway station.

**World Trade Center:** PATH station entrance (top of stairs), Church St at Fulton St, Manhattan. Subways: A C E to World Trade Center, R W to Cortlandt St, 1 to Rector St, 4 5 6 nearby.

**Woodlawn:** Jerome Avenue and Bainbridge Avenue, Bronx. Last stop on 4 subway train. (Golf course about 100 yards north provides car parking for a modest fee.)

## Regional Roundup March–October 2005

To submit rides to add to the listing, please email [daytrips@5BBC.org](mailto:daytrips@5BBC.org)

### The Rides

CAVEAT: This is a list of ride offered by groups other than the 5BBC. In most cases, they are not led by trained 5BBC leaders. However, note that the Weekday Cyclists trips (2005 schedule to come) are organized by Trudy Hutter, who is a 5BBC leader.

#### Friday, March 4th Central Park Moonlight Ride 10PM, Columbus Circle

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, March 12th Prospect Park Moonlight Ride 9PM, Grand Army Plaza

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, March 26th Riverside Ride

10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Friday, April 1st Central Park Moonlight Ride 10PM, Columbus Circle

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, April 9th Prospect Park Moonlight Ride 9PM, Grand Army Plaza

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, April 9th Bike New York Marshaling Arts Ride

Organizer: Bike New York  
Contact: [volunteers@bikenewyork.org](mailto:volunteers@bikenewyork.org)

## Day Trips continued

### Sunday, April 10th Montauk Century Training Ride #10 – Sunken Meadow

8 a.m., Cunningham Park, 75 miles

This is a hefty ride to central L.I., so no slow pokes please. No Point-Drop-Sweep, but we'll still have a fast and slow group. Just so long as you fill your Camelbak, pack enough energy bars, and, of course, a spare tube or two along with that pump. Leaders: Victor Sanchez-Valado, Ira Najowitz, Ed Pino and Liz Baum.

### ☺ Brooklyn Sojourn

9 a.m., City Hall, 40 miles

Electric cars aren't new. Beautiful brownstones, and not the expected neighborhoods (smell a bargain?) There's nothing weak about Weeksville. Oh yeah, a piece of Brooklyn Dodger history. And, maybe more are the points in a Brooklyn sojourn. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

### Saturday, April 16th Montauk Century Training Ride #11: Stony Point

8:30 a.m., Columbus Circle, 82 miles

This ride is not for beginners. It's highly technical, as well as a long distance. So please, be prepared for the hills. You must be able to follow the cue sheet on your own, and bring snacks and enough water or you could easily bonk along the way. There won't be any drops, and the pace will be fast. Leaders: Steve Taylor, Jesse Brown and Susan Rodetis.

### Sunday, April 17th Montauk Metric Training Ride #2: Englewood

9 a.m., Plaza Hotel, 30 miles

Englewood is our second stop in the Metric progression. One big climb and a fine diner make this the perfect short trip. Also be sure to bring your lock, a spare, and pump. Leaders: Eileen Kapp, Ted M. Kushner and Brian Hoberman.

### Saturday, April 23rd Montauk Century Training Ride #12: Lloyd Neck

8:30 a.m., Cunningham Park, 85 miles

The series is reaching that crescendo of long distance rides - and Lloyd Neck is certainly one of the favorites. Once again this is for experienced riders. Be sure to pack enough fuel and water for your engine. No point-drop-sweep! Leaders: Steve Sakson and Bob Castro.

### Saturday, April 30th Montauk Metric Training Ride #3: City Island

9 a.m., AYH, 40 miles

City Island is one of my all-time favorite destinations. And, it just so happens to make a great medium distance urban training ride. Enjoy lunch right on the sound! We want to get back early because tomorrow we have to get up really early. Brisk pace. Leaders: Danny Lieberman, Manny Sanudo and Brian Hoberman.

### Sunday, May 1st Five Boro Bike Tour: No Rides Scheduled!

### Saturday, May 7th Montauk Century Training Ride #13: Eaton's Neck

8:30 a.m., Cunningham Park, 90 miles

This is it - the finale. All that hard work will finally pay off and you'll be able to tackle the hills of the eastern North shore. Warning: cue sheet only ride, so you better be able to read and follow directions closely! No point-drop-sweep today. You must be able to keep up with the leaders in order to complete it on time. Leaders: Ira Najowitz and Manny Sanudo.

### Sunday, May 8th Montauk Metric Training Ride #4: Piermont

9 a.m., Columbus Circle (new starting location!), 50 miles

We can't think of a better destination to cap off the metric series than the charming town of Piermont, NY. Leaders: Susan Rodetis, Bob Castro and Brian Hoberman.

### ☺ Palisades Bike Hike: Women's Federation Monument

9 a.m., GW Bridge Bus terminal, 178 St. & Ft. Washington Ave. 20-mile ride, 3-mile hike

It's Mother's Day, and for the occasion, we ride to the Park Headquarters in Alpine, then go on a history hike to a monument honoring the New Jersey State Federation of Women's Clubs. Without the efforts of these women, we might not have a Palisades Interstate Park today. The bike portion of the bike-hike will take hilly Henry Hudson Drive ("River Road"). Bring a bike lock, comfortable walking shoes, bag lunch, and water. Pace: ride, moderate; hike, slow. Leaders: Jim Zisfein and TBA.

# The 5BBC 2005 Montauk Century

Pedal the back roads from the city through the Hamptons to the ocean!

**Sunday May 15, 2005 – Rain or Shine**

*Choose from three distances: 65/100/140 mile routes. All routes end in Montauk.*

*Choose from two check-in locations: NYC Penn Station or Babylon, LI.*

OK, it's the dead of winter. But try to think about warm weather, sunny skies, flat roads, and the 5BBC's 2005 Montauk Century ride, which will take place on Sunday May 15, 2005. This year is the 41st anniversary of the ride, and it's going to be a gem. We'll still have a beautiful backroads route, great rest stops, full S.A.G. support, and hot showers at the finish line.

**There are three big changes for 2005:**

**Another rest stop.**

For those doing the longer distances (100 miles or 140 miles) we've added another rest stop. No matter which route you choose, we'll try to have fantastic rest stops no more than 25 miles apart.

**Leader escorts.**

We're offering an optional escorted version of the 65-mile route this year. Ride along with trained Five Borough Bicycle Club leaders who will keep an extra eye out for you. No extra charge for this.

**All Ed and Liz, All the Time.**

Ed Pino and Liz Baum, who have headed up the finish-line team for the past couple years are now in charge of the finish line AND the entire ride, and we're lucky to have them.

Registration opened on January 1, and it's already filling up! Sign up now and get those early-bird prices. (Mostly we're just proud to have everything up and running so early in the season!)

**Complete details and on-line registration at <http://www.5bbc.org/montauk>**

Whether this will be your first century or your annual hammer session we will help get you ready with a complete series of Montauk Century Training Rides (see Day Trips).

On Montauk day, please be sure that your bicycle is in good working order and you have basic tools and supplies just in case. Also be sure to pack a small bag with a change of clothes, toiletries and a towel for the hot showers at the finish. We'll transport the bag to the finish so it will be waiting for you when you arrive in Montauk.

Do you have ideas for improvements for the 2005 ride? Drop me a note and let me know what's on your mind. I'll do my best for you.

Finally – Free socks are back. Ice cream is back. I am back.

Glen Goldstein

## Regional Roundup March–October 2005 (continued)

**Sunday, April 17th**

**Bike New York Marshaling Arts Ride**

Organizer: Bike New York  
Contact: [volunteers@bikenewyork.org](mailto:volunteers@bikenewyork.org)

**Sunday, April 24th**

**Bike New York/Five Boro Tour Marshal's PreRide**

Organizer: Bike New York  
Contact: [volunteers@bikenewyork.org](mailto:volunteers@bikenewyork.org)

**Nassau to Suffolk Challenge**  
(no further information available)

**Saturday, April 30th**

**Riverside Ride**

**10PM, Columbus Circle**

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Sunday, May 1st**

**Bike New York - The Great Five Boro Bike Tour**

Organizer: Bike New York  
Contact: [www.bikenewyork.org](http://www.bikenewyork.org)

**Friday, May 6th**

**Central Park Moonlight Ride**

**10PM, Columbus Circle**

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Sunday, May 15th**

**Montauk Century 2005**

Organizer: Five Borough Bicycle Club  
Contact and Information: [www.5BBC.org/Montauk](http://www.5BBC.org/Montauk)

**Friday, May 20th thru Sunday, May 22nd**

**New York City Bicycle Show (new dates!)**

Information/Contact: [www.bicycleshows.us](http://www.bicycleshows.us)  
Location: NYS Armory, Lexington Ave. & East 26th Street, Manhattan



Ed Pino and Mark Trainor sample the super-thick Hot Chocolate at City Bakery (photo: Danny Lieberman).

## Regional Roundup March–October 2005 (continued)

**Saturday, May 21st**

### **The Blessing Of The Bikes (new date!)**

10AM Cathedral of St John the Divine  
Information/Contact:  
[www.bicycleshows.us](http://www.bicycleshows.us)

**Sunday, May 22nd**

### **The Bloomin' Metric (Connecticut)**

Organizer: Sound Cyclists  
Contact and Information:  
[www.soundcyclists.com](http://www.soundcyclists.com)

**Saturday, May 28th - Sunday,  
May 29th**

### **The Angel Ride (Connecticut)**

Information:  
[www.angelcharitabletrust.org/ride](http://www.angelcharitabletrust.org/ride)  
Contact: Lynn McCarthy, 860-227-0658  
Email:  
[lynn@angelcharitabletrust.org](mailto:lynn@angelcharitabletrust.org)

**Sunday, June 5th**

### **Westchester Tour de Cure**

Information:  
[www.tour.diabetes.org](http://www.tour.diabetes.org)

### **Riverside Tour de Cure**

Information:  
[www.tour.diabetes.org](http://www.tour.diabetes.org)

### **Bike Boat Bike**

<http://www.sbraweb.org/>  
(5BBC offering weekend trip to this event)

**Fri, June 10th - Sun, June 12th**

### **Get Your Guts In Gear**

Contact:  
[prampolla@ibdrive.org](mailto:prampolla@ibdrive.org)  
Information: [www.ibdrive.org](http://www.ibdrive.org)

**Sunday, June 12th**

### **The Mansion Ride (Long Island)**

Information:  
[www.mansionride.com](http://www.mansionride.com)

### **Tour de Cure NYC**

Information:  
[www.tour.diabetes.org](http://www.tour.diabetes.org)

**Sunday, July 12th**

### **Gold Coast (Long Island)**

Information:  
[www.huntingtonbicycleclub.org](http://www.huntingtonbicycleclub.org)

## Catch The Spirit! The 2005 Five Boro Bike Tour

Sunday, May 1, 2005 is the date of the largest bike tour in the United States. This year, the theme is "Catch The Spirit" as The Five Boro Bike Tour is expected to attract more than 30,000 cyclists in its 28th edition. They each share a special camaraderie on their 42-mile ride through New York City's five boroughs.

If you're a longtime 5BBC member, you know that the Tour always NEEDS VOLUNTEERS.

Tour Corp and Marshal volunteers help out on Tour Day and beforehand in so many ways. All volunteers are also welcome to help out in the busy Tour office at 891 Amsterdam Avenue to answer phones, help with mailings, and enter data.

Finally, Saturday, April 30 - the day before the Tour -- requires lots of help setting up. Volunteers can grab a van ride (and back) to Staten Island, and spend the day (9 am-5 pm) helping BIKE NEW YORK set up the Festival site and Battery Park. For more information,

[www.bikenyork.org/volunteers.htm](http://www.bikenyork.org/volunteers.htm) or call 1-212-932-2453 (BIKE).



## NYC Greenways: It's All Good

### **Parks Dept. Reveals Upcoming Plans at 5BBC Meeting**

By Ed Ravin and Peter Engel

Jennifer Hoppa, Deputy Director of the NYC Parks Department's Planning division, gave city cyclists a lot of reasons to be optimistic at the 5BBC's General Meeting on January 24, held at the Downtown New York police station in lower Manhattan.

"In the past two weeks of January 2005, the New York Metropolitan Transportation Council approved \$13 million in funding for Greenway projects, mainly centered in the outer boroughs," she said. "This sends out a great message about the importance of greenways."

In Hoppa's view, those successes are providing the impetus for the boroughs to get more funding and support for Greenway projects. She cited several reasons for recent successes in developing NYC's Greenway system.

"Greenways can't just be for bikers and pedestrians," she said. "Planning needs to focus on their role as 'destinations' with recreation for everyone. When communities see how they can contribute to quality of life, it becomes easier to

justify the funding."

That funding is the result of combined public demand and political will, with many recent successes. In her presentation, Hoppa gave a borough-by-borough breakdown of Greenway projects that are now in development.

Jennifer Hoppa also took feedback from the capacity crowd about what can be done to improve the cyclist's lot in New York City. Meeting attendees cited a "wish list" of improvements that would make life safer and easier.

If any 5BBCer wants to contact Jennifer with ideas about improving the Greenway system, they should contact Programs Coordinator Barry Hartglass at [Programs@5BBC.org](mailto:Programs@5BBC.org) or Ed Ravin at [eravin@panix.com](mailto:eravin@panix.com).

*Due to space limitations, this article was greatly truncated for the print edition of the Bicycletter. For the complete article, view it online at [www.5bbc.org/bicycletter](http://www.5bbc.org/bicycletter).*

# 5BBC Bike Leaders: They Make The Club Run How About You?

They scout our rides, prepare our cue sheets, provide running commentary on the sights we see, arrange our lunch breaks and pit stops and, when riding sweep, encourage us over that last hill on the way back. They are equal parts pathfinder, mapmaker, tour guide, social secretary and cheerleader.

Those are just a few of the hats that 5BBC ride leaders wear under their helmets on a typical ride. Last year, 46 ride leaders led and co-led rides for us. 31 of them led enough rides to earn paid membership in the club for 2005 and to earn other awards. The 5BBC has a Ride Leader Incentive Award Program; see <http://5bbc.org/membersonly.shtm> and login for details.

All 5BBC ride leaders are graduates of the 5BBC Ride Leadership Training Program. A 5BBC Leadership course consists of five evening classes. For 2005, Leadership classes will take place on Wednesdays beginning May 25.

The course is taught by a group of active and experienced 5BBC leaders. It combines classroom instruction with practical riding experience. You do not have to be an especially strong or fast rider or bicycle repair expert to take the course, but you must be a member in order to lead rides with the club. You must attend at least four classes. The riding portion consists of three weekend Day Rides – two are absolutely required – and one mandatory weekend Leadership trip. This year's weekend Leadership trip is scheduled from Friday evening, June 24 through Sunday evening, June 26. A full schedule is listed below.

## To Register

Call Manny Sanudo at (718) 217-0045 or you can send us an email to [leadership@5BBC.org](mailto:leadership@5BBC.org). For the first class, a fee of \$15 will be collected. For the weekend trip, an additional fee of \$50 will be collected during the course. Scholarships are available.

## Spring 2005 Schedule:

Five Evening Classes: Wednesdays, 6:30-9:30pm at HI-AYH, 891 Amsterdam Ave., Manhattan – May 25, June 1, 8, 15 and 24.

Any two of these three Day Rides: Saturday, June 4; Sunday, June 12; Saturday, June 18.

One Weekend Trip: Friday, June 24 to Sunday, June 26.

If you think you have what it takes to be a ride leader, see <http://www.5bbc.org/leader.shtml> for details. You can also get directly in touch with the Club's leadership coordinators, Manny Sanudo and Steve Jackel at [leadership@5bbc.org](mailto:leadership@5bbc.org).

Even if you cannot imagine ever actually leading a ride, taking the course will give you some new insights on how teamwork is developed within the 5BBC.

If you are already a leader and want to help out this coming season by leading or co-leading day trips, contact Danny Lieberman at [daytrips@5bbc.org](mailto:daytrips@5bbc.org). If it's a Weekend Trip you want to help out on, contact Ted Kushner at [weekends@5bbc.org](mailto:weekends@5bbc.org).

## 2004 Ride Leaders

In alphabetical order, these 5BBC leaders earned awards for leading three or more rides in 2004:

Liz Baum	Andrea Mercado
Sharon Behnke	Rodney Millard
Marina Bekkerman	Ira Najowitz
Jesse Brown	Ed Pino
Bob Castro	Wentworth Price
Terry Chin	Ed Ravin
Ed DeFreitas	Susan Rodetis
Dan Finton	Steve Sakson
Alfredo Garcia	Richard Sanford
Diane Goodwin	Manny Sanudo
Brian Hoberman	Mark Trainor
R.J. Horowitz	Lee Ann van Wyck
Steve Jackel	Neile Weissman
Eileen Kapp	Ken Williams
Ted Kushner	Jim Zisfein
Danny Lieberman	

Other 2004 Ride leaders who deserve our thanks are:

Nancy Asquith	Harvey Minsky
Pat Carter	Adam Podhurst
Christian Cervengnano	Victor Sanchez-Velado
Clyde Eisman	David Schlicting
Phil Goldberg	Dave Seto
Glen Goldstein	Steve Taylor
Joann Gonchar	Alan Weinberg
Dolores McKeough	



Frostbite Ride Leader (and 5BBC President) Ed DeFreitas shows off his photography skills at Haupt Conservatory, NY Botanical Gardens, January 2 (photo: Alfredo Garcia).

## Regional Roundup March–October 2005 (continued)

**Sunday July 17th**  
**Tour de Lance Bike-a-thon  
& Texas BBQ (Connecticut)**  
Information:  
[www.tourdelance.com](http://www.tourdelance.com)  
Contact:  
[noreend@lafmentor.org](mailto:noreend@lafmentor.org)

**Sunday, July 31st**  
**Harlem Valley Rail Ride**  
Organizer: Bike New York  
Information/Contact:  
[www.bikenewyork.org](http://www.bikenewyork.org)

**Sunday, August 14th**  
**Tour of the Hamptons**  
(no further information)

**Sunday, August 14 - Saturday,  
August 20th**  
**Empire State AIDS Ride**  
Information/Contact:  
[www.empirestateaidsride.org](http://www.empirestateaidsride.org)  
Telephone: (212) 496-2254

**Sunday, August 21st**  
**28th Ramapo Rally, Mahwah,  
NJ**  
Organizer: Bicycle Touring  
Club of New Jersey  
Information/Contact:  
[www.btcnj.com](http://www.btcnj.com)  
Telephone: (201) 337-4427

**Sunday, August 28th**  
**North Fork Century**  
Organizer: Bicycle Shows US  
Information:  
[www.northforkcentury.com](http://www.northforkcentury.com)

**Sunday, September 11th**  
**New York City Century Bike  
Tour**  
Organizer: Transportation  
Alternatives  
Information/Contact:  
[www.nyccentury.org](http://www.nyccentury.org)

**Friday, September 16th -  
Sunday, September, 18th**  
**Braking The Cycle**  
Organizer: Global Impact  
Tours  
Contact: Blake Strasser  
[www.brakingthecycle.org](http://www.brakingthecycle.org)

**Saturday September 17th**  
**Escape from New York Century**  
Organizer: New York Cycle  
Club  
Information/Contact:  
[www.NYCC.org](http://www.NYCC.org)



## Regional Roundup March–October 2005 (continued)

**Sunday, September 18th  
Harvest Ride (Connecticut)**  
Organizer: Sound Cyclists  
Information/Contact:  
www.soundcyclists.com

**Guide Dog Ride, Smitttown, NY**  
Information:  
www.guidedog.org  
Contact: Lori Andrews, (631)  
265-2121

**Saturday, September 24th  
MS/CT Bike Tour... "Down to the Sound"**  
Organizer: MS Society of Conn.  
Information: www.msswct.org

**Sunday, September 25th  
The Golden Apple**  
Organizer: Westchester Cycle Club  
Information:  
www.westchestercycleclub.org/  
goldenapple  
Contact: Michael Miller, (914)  
472-8690.

**Twin Lights Ride**  
Organizer: Bike New York  
Information:  
www.bikenewyork.org

**Saturday, October 1st  
LI Twin Forks - Miles for Smiles**  
Organizer: Cooley's Anemia  
Information/Contact:  
www.cooleysmilesforsmiles.org

**Sunday, October 2nd  
The Great TZ Bike Tour for MS**  
Information/Contact:  
www.nationalmssociety.org/nyv

**Mid-Hudson Bicycle Club  
Century**  
Information/Contact:  
www.midhudsonbicycle.org

**Pumpkin Patch Pedal  
Organizer: Staten Island  
Bicycle Assoc**  
Contact: www.sibike.org  
(5BBC offering weekend trip to this event)

**Saturday, October 8th -  
Monday, October 10th  
Cycle for Soccer**  
Contact: Blake Strasser,  
bstrasser@globalimpactpro.com

# Results—The 2004 Membership Survey

Survey Work & Tabulations—Susan Rodetis

Bicycletter Summary—Peter Engel and Susan Rodetis

If you responded to the 5BBC member survey in our Sept/Oct 2004 issue of Bicycletter – hats off to you/us. 5BBC leader Susan Rodetis spent a great deal of time designing/tabulating this survey, so we could learn more about you, how and why you ride, and how to improve the club membership experience. Out of 5BBC's nearly 1,100 members - 60 returned surveys, for a 5.5% response. That's darn good in market research terms, and pretty good for affinity groups & clubs. Your input is important, and will be listened to. We were particularly heartened by all those who volunteered time and skills; Susan hand-delivered those offers to the Board at the Christmas party. Complete results are too long for Bicycletter, and they will be placed in their entirety at [www.5BBC.org](http://www.5BBC.org); we encourage you to review the responses and visual display summaries. And ride-on with us!

## Membership Highlights

Out of 60 respondents, 62% are male, 38% female, with the majority ranging in age from 30 to 60. Geographically, as expected, you are Five Borough people – 41% live in Manhattan, 10% in Brooklyn, 25% in Queens, 11% in the Bronx, and the rest in Staten Island, Long Island, New Jersey and Westchester. Survey respondents were also very active in the bicycle and sports club community, particularly when it came to advocacy. Half belong to Transportation Alternatives (TA); over 40% also belong to New York Cycle Club (NYCC). The Appalachian Mountain Club (AMC), Times Up! and American Youth Hostel (AYH) also have participation from our membership.

## 5BBC Bicycle Consumers

Survey respondents, of course, spend money on bicycles and bicycling-related items. Over 70% of spend \$\$ at local bicycle shops; some of the most frequently mentioned were Larry & Jeff's; Metro Cycles; Bike Habitat; Toga; North Shore Cyclery; Gotham Bicycles; Sid's; Brands and Champion.

At the same time, more than half of our members buy items by mail, phone or e-order (online or catalog), at sporting goods stores, and a few use eBay.

## Why We Bike

Write-in responses fell into the following groups:

- 56 fitness/athletics, weight control, conditioning, triathlon-related, longer distances
- 42 fun, joy of riding, adventure, explore/learn, freedom, diversion, challenge, recreation
- 24 social, companionship
- 12 transportation
- 12 touring, new areas, new places/routes
- 11 outdoors, nice scenery
- 9 stress reduction, time for myself

## Bicycling Preferences

Of 50 responding 5BBC members, in the last 2 full years, 16 cycled between 30 and 1,000 miles annually, 22 did 1,000 - 2,000/year, and 13 achieved 2,000 - 8,000/year (only 1 at that high end!). 58% expect to cycle more in 2004 and 2005, and over 80% prefer a moderate (13-15 mph) pace over Happy Face and Quick Spin rides.

In choice of terrain, equal numbers of respondents first preferred moderate-rolling hills, followed distantly by "flat", and then by the 11 "can't get enough" hill-lovers. Favored turf is paved streets and roads, followed by rail trails. Some 20% like off-road paths and trails, and about 5% of respondees would like rides on single-track or technical mountain biking trails.

As for how 5BBC rides can improve – responses ranged from "longer rides" to "more ratings by class-level." But overall, respondents clearly prefer rides where skill and ability are more evenly matched among riders, there's less waiting for other riders, and, in some cases, where rides can be finished by 3:00pm or at least by a time range known in advance.

## Why We Bicycle With 5BBC

Over 80% of respondents chose to go on 5BBC rides because they want to tour a particular area. Other prominent reasons included exercise (45), socializing (36), training/fitness goals (23), and skills development (15). We also like an early start – but not too early.

## Montauk Century

At a bit over \$50, survey respondents felt the current Montauk Century fee is priced fairly, and 61% said "No" when asked if they would prefer a lower fee with fewer services. In fact, respondents would like us to diversify: 73% would like 5BBC to produce other special event rides, either in the most basic form or will full-service amenities like Montauk.

## Getting To Rides

Survey respondents are adventurous; 77% are quite willing to face bicycling in NYC traffic at the end of an event. In fact, 85% are willing to start/finish a route in an outer borough or outside the city. 42% ranked mass transit as "essential" in getting to/from an event, 43% called it "convenient," and 15% didn't consider it important.

## More Results Online

Additional highlights, as well as comprehensive survey results, can be found on the club's website, at [www.5bbc.org/bicycletter](http://www.5bbc.org/bicycletter)

# 5BBC Bicycle Repair Clinics

Now At Recycle-A-Bicycle in Brooklyn!

## Learn How to Fix A Flat

Every serious cyclist should be able to handle this most common "on the road" repair. Learn how to fix a flat - or brush up on your skills - in this class taught by a professional bicycle mechanic, with an assist from our Bicycle Repair Course Coordinator Jesse Brown.

*Dates:* Sunday March 20, and Saturday April 2, 10 a.m. to 12 p.m. Noon.

## Drive Train Maintenance

Life sucks, but your chain shouldn't. Get in gear - and stay there - with our class on drive train maintenance. A professional bicycle mechanic will teach the class, and I will assist.

*Dates:* Saturday March 5, or Sunday April 10, 10 a.m. to 12 p.m. Noon.

## Registration Info

*Location:* Recycle-a-Bicycle, 55 Washington St., Brooklyn, in the DUMBO section.

*Course fee:* Each class just \$20, including patch kit, instructional materials, and individual attention in a hands-on setting.

*To Enroll:* Call Jesse Brown (up to 9:00 p.m.) direct at 917-578-2244 or 917-697-0665. Note: you must be 18 years or older to attend, and must sign a waiver of liability at the start of class. Remember also to bring the \$20 course fee (cash or check), and bring your bike!

## Recommended Reading - Bicycle Repair

In addition to hands-on repair classes, there are several good resources to study on your own. Check them out at <http://5bbc.org/repair.shtml>.

Jesse Brown  
Bicycle Repair Course Coordinator  
[bikecourse@5bbc.org](mailto:bikecourse@5bbc.org)

# Memories of Montauks Past

A little while ago, Glen Goldstein and Ed Pino sent me promotional copy from the 1971 Montauk Century ride. 1971? I had always heard that the first year of the ride was 1979. To find out more, I was lucky enough to chat briefly with Francis Bollag, the 1971 organizer. By the way, the ride cost \$5.00 that year.

Bollag told me that the first rides were started in 1964 by the New York Council of the American Youth Hostels, then located in downtown Manhattan. The first ride had no more than 9 or 10 riders. The ride continued to grow sporadically through the late Sixties, with some years missed. You have to remember that in those days, bicycling was still considering for kids. Adults who went long distances on bicycles were considered a bit... odd. By 1971, though, bicycling was growing as an adult fitness activity. There were more than 80-100 registered riders.

The ride continued to be run informally throughout the 1970s, when the New York Cycle Club was formed. It wasn't until 1979, after NYCC and AYH had gone separate ways, that AYH put a formalized structure into place.

"Originally, we used the Long Island Rail Road," recalled Bollag. "They were taking the old coaches out of service, though. When the newer cars needed scrubbing to be kept clean, the LIRR refused to continue taking bicycles back from the Montauk station." That policy actually continued

through 1999, the year the buses didn't arrive and the LIRR took mercy on the Montauk Century. We've made formal arrangements with them every year since.

"There were all kinds of memorable rides when the Montauk Century was run by the Hostel," he said. "Some were wonderful, some were miserable - especially the years that all it did was rain. There was even one year when someone stole the truck. THAT was inconvenient."

Bollag comes from a time when bicycling was much more a statement of freedom, and part of that statement meant that no one wore helmets. While still an active rider, for that reason he won't participate in this year's Montauk Century. Even for old times sake, the rules can't be relaxed for Francis Bollag.

Peter Engel

## Renew your 5BBC Membership

This will be your last issue if you haven't renewed yet. Renew at [www.5bbc.org](http://www.5bbc.org) or use the registration form on the next page.

Don't miss out!

## Regional Roundup March-October 2005 (continued)

**Sunday, October 16th**  
**MS Bike Tour - New York City**  
Organizer: MS Society of NYC  
Information/Contact:  
[www.msny.org](http://www.msny.org)

**Sunday, October 23rd**  
**Tour de Bronx**  
Information/Contact:  
[www.tourdebronx.org](http://www.tourdebronx.org)  
Contact: [www.times-up.org](http://www.times-up.org)

## 5BBC Executive Board Minutes

### December 6, 2004 Meeting

New Offices at 891 Amsterdam. 5BBC has moved into Room 002 as a subtenant of Bike New York. They have requested that the space be kept clean. In taking inventory prior to the move, Robert Castro mentioned that 15 coffee cup and 15 liberty club jerseys were missing.

Tax Exemption. 5BBC has had a tax exemption since Dec. 1, 2003. Robert Castro will provide more details as to its benefits.

Election of Members-At-Large. Nominations, secondings, and votes were taken to select the 2005 5BBC Members-At-Large. The following were offered and accepted the opportunity to serve: Phil Goldberg, James Zisfein, Ed Ravin, Alfredo Garcia, David Seto and Ed Sobin.

2005 Programs. Barry Hartglass provided a detailed handout of the next two general meetings with Jennifer Hoppa of the Parks Department and Joshua Gallo of FDNY, as guest speakers, respectively.

Finances. Treasurer Robert Castro reported on 5BBC finances. He also noted that \$100 was missing from the club's petty cash box, and two bad checks were written to the club. New President Ed DeFreitas suggested that coordinators try to stay within their budgets and asked that coordinators notify the board in advance if they go over budget.

(continued on page 19)

# Five Borough Bicycle Club Registration Form

Name(s) \_\_\_\_\_  
(please print)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

E-mail address(es) \_\_\_\_\_

Do not list my  telephone number  mailing address  email address in the club roster.

Do not share my name and address with other cycling organizations.

Do not send me the weekly e-mail from the club about upcoming rides and events.

(The e-mail will contain no advertising, and we will never give away your e-mail address to others.)

Check here if you no longer require home delivery of the Bicycletter (the 5BBC bimonthly newsletter). It can be accessed online.

5BBC Membership: \$20 (Individual) or \$25 (Dual: Two members in the same household) ..... \$ \_\_\_\_\_

(Please ✓ type of membership below)

New Individual Membership     New Dual Membership     Individual Member Renewal     Dual Member Renewal

Weekend Trip Registration: \$150 Deposit per trip required; One tripper per registration form; Use add'l paper for more than 2 trips. 1<sup>st</sup> Trip name/number \_\_\_\_\_ 2<sup>nd</sup> Trip name/number \_\_\_\_\_ ... \$ \_\_\_\_\_

5BBC Lady Liberty Jersey (available in M's L, XL, XXL, XXXL; W's S, M, L, XL; other sizes sold out) \$60 members, \$75 non-members (shipping included) ..... \$ \_\_\_\_\_

Limited Edition Greek Coffee Cup Jersey (available in M's XL, XXL, XXXL; W's S, M, L, XL; other sizes sold out) \$58 members, \$73 non-members (shipping included) ..... \$ \_\_\_\_\_

5BBC Patch \$4 members, \$6 non-members (shipping included) ..... \$ \_\_\_\_\_

**Total Enclosed** (Make checks payable to Five Borough Bicycle Club) ..... \$ \_\_\_\_\_

**Waiver and Release of Claims:** In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities. I, the undersigned, discharge and release the Five Borough Bicycle Club and all other sponsoring organizations, and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in Club activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club may involve risks, including risks associated with the conditions of the road, the risk of falling, collision with other bicyclists, motor vehicles, or stationary objects. My participation is voluntary and done at my risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities. I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the

Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability to provide or continue to provide such services, and are not a waiver by any of the said parties of any right hereunder. I understand that serious accidents may occasionally occur during Club activities and that participants in such activities may sustain mortal or serious injury as a consequence of their participation. Nevertheless, I agree to assume these risks and to release and hold harmless all of the persons mentioned above who might otherwise be liable to me for damages. I attest that the equipment I will use in Club activities is in good mechanical condition. **I understand that bicycle helmets can prevent some serious injuries and I agree to wear one while participating in Club-sponsored bicycle rides.** I agree to abide by the rules of the Club and follow the directions of the leaders and marshals of Club activities. I have read and understand everything written above and I voluntarily sign this agreement. (NOTE: If under age 18, the signature of a parent or guardian is required.) **PLEASE CHECK ONE: I further affirm that I am  over 18  under age 18.**

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Agreement by Parent/Guardian of a Minor:** I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her

being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

Name of Parent/Guardian \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Return completed application along with check or money order to:  
5BBC Membership, 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403**

# Membership Card

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe.

We're sure it will become your most important piece of identification.

Best of all, show it at any of the shops listed below for a discount on many items.



## Flash your 5BBC Membership Card at these Bike Shops

### Bronx

Westchester Bike Pro Shop  
2611 Westchester Avenue  
Bronx, NY 10461 718 409-1114

### Brooklyn

Bay Ridge Bicycle World  
8916 3rd Avenue  
Brooklyn NY 11209 718-238-1118

Bicycle Station  
560 Vanderbilt Avenue  
Brooklyn NY 11238 718-638-0300

Roy's Sheepshead Cycles  
2679 Coney Island Avenue  
Brooklyn NY 11235 718-646-9430

Sizzling Bicycle  
3100 Ocean Parkway  
Brooklyn NY 11235 718-372-8985

Verrazano Bicycle Shop  
7308 5th Ave  
Brooklyn NY 11209 718-680-6521

### Manhattan

A Bicycle Shop  
349 West 14th Street  
New York NY 10014 212-691-6149

Bicycle Habitat  
244 Lafayette Street  
New York NY 10012 212-431-3315

Bicycle Renaissance  
430 Columbus Avenue (81st Street)  
New York NY 10024 212-724-2350

Champion Bicycles  
896 Amsterdam Avenue (103/104 St)  
New York NY 10024 212-662-2690

Chelsea Bikes  
156 West 26th Street (7th Av)  
New York NY 10001 646-230-7715

Conrad's Bike Shop  
25 Tudor City Place  
New York NY 10017 212-697-6966

Gotham Bikes  
112 West Broadway  
New York NY 10013 212-732-2453

Midtown Metro Bicycles  
360 West 47th Street  
New York NY 10036 212-581-4500

Sid's Bike Shop  
235 East 34th Street  
New York NY 10016 212-213-8360

### Queens

Bellitte Bicycles  
169-20 Jamaica Avenue  
Jamaica NY 11432 718-739-3795

Bike Stop  
37-19 28th Avenue  
Long Island City NY 11103  
718-278-2453

Bill's Ozone Park Bicycles  
108-11 Liberty Avenue  
South Richmond Hill NY 11419  
718-641-1880

Peak Mountain Bike Pro Shop  
42-42 235th Street  
Douglaston, NY 11363 718-225-5119

### Long Island

The Bicycle Planet  
540 Jericho Turnpike  
Syosset NY 11791 516-364-4434

Bike Discounters  
2503 Middle Country Road  
Centereach NY 11720 631-471-3230

Bike Discounters  
287 Portion Road  
Ronkonkoma NY 11779  
631-737-9282

Brands Cycle Center  
1966 Wantagh Avenue  
Wantagh NY 11793 516-781-6100

Carl Hart Bicycles  
620 Middle Country Road  
Middle Island NY 11953  
631-924-5850

Sayville Bike Works  
75 Main Street  
West Sayville NY 11796 631-589-0009

Visentin Bike Pro Shop  
51 Pine Hollow Road, Rte. 106  
Oyster Bay NY 11771 516-922-2150

### Westchester

Bicycles Unlimited  
141 East Main Street  
Elmsford NY 10523 914-592-7979

Pelham Bicycle Center  
109 Wolfs Lane  
Pelham, NY 10803 914-758-3338

Sierra Cycles  
46 Garth Road  
Scarsdale, NY 10583 914-725-8333

### Connecticut

Baybrook Bicycles  
243 Captain Thomas Blvd  
West Haven CT 06516 203-933-4576

Baybrook Bicycles  
252 College Street  
New Haven CT 06510 203-865-2724

Newington Bicycle  
1030 Main Street  
Newington CT 06111 860-667-0857

### New Jersey

Bicycle Workshop  
175 Country Road  
Tenafly, NJ 07670 201-568-9372

### (Executive Board Minutes continued from page 17)

Membership Numbers. Office manager Phil Goldberg reported that there are 861 individual members and 150 family memberships.

Day Trips. Danny Lieberman reported that most weekend dates for Jan. and Feb. had rides. He also proposed that the 5BBC present a gift to Nancy Asquith, a long-time member, who is moving to California. It was presented at the December 11th Holiday Party.

Wheelmen Opportunity. Board members discussed possibility of 5BBC providing a site coordinator for the League of American Wheelmen's training program in the New York area, which Robert Castro will investigate further.

### January 3, 2005 Meeting

Bicycle Repair. Jesse Brown reported nearly finalized arrangements to make Recycle-A-Bike the venue for upcoming 5BBC Bicycle Repair classes.

Bicycletter. Peter Engel proposed a discussion of the future of the print content of the newsletter and how much should be available at 5BBC.org. Issue will be discussed at March meeting.

Leadership. Steve Jackel asked for a future discussion on feasibility of leadership training program without the weekend trip, aimed at attracting prospective leaders who had no interest in leading Weekend Trips.

Day Trips. Danny Lieberman reported that in 2004 there were 136 trips, approximately 1900 trippers and 44 leaders.

5BBC Member Survey. Ed Defreitas briefly reported results of a survey of Club membership conducted by Susan Rodetis

2005 Montauk Century. Ed Pino and Liz Baum reported that they have put activities in motion, and expected to present their budget for approval at the February meeting. Registration on Active.com was opened on January 1, and 5 people signed up – including one new member.